Meditation isn't enough – how to permanently shift out of this realm

In this Spiritual Support Group session, Simona Rich explains a point that many spiritual paths touch on but rarely make central: meditation can awaken you, but it does not by itself free you from the human condition. Lasting transcendence, she says, comes from a deep psychological shift — specifically, ending negative reactivity and changing how you interpret everything you experience.

This video connects mystical states with everyday behavior. It addresses why people can have powerful spiritual experiences yet continue living in fear, judgment, and emotional disturbance. The session focuses on what makes awakening stable instead of temporary.

Awakening unfolds naturally

Simona describes spiritual realization as a natural process. No one can be forced into awakening; it happens when a person is ready. But once clarity begins, responsibility begins too. Seeing the truth is one stage. Living it is another.

She speaks from the perspective of someone who feels the path is now clear but recognizes that the remaining work is steady inner transformation, not collecting more spiritual experiences.

Meditation opens the door — but doesn’t finish the job

Meditation is essential. It quiets the mind and allows awareness of Spirit beyond personality. In meditation, people may feel expanded, joyful, limitless, or detached from the body. These are real insights into true nature.

But they fade.

After meditation, ordinary reactions return. Irritation, fear, and judgment may come back. According to Simona, this shows meditation has revealed Spirit but has not dissolved what keeps consciousness tied to the “human realm.”

The real bondage is not the body. It is an emotional and mental reaction.

Reactivity is what keeps you here

Her key statement is: whatever can upset you still controls you.

If a situation, person, or event triggers anger, fear, or emotional disturbance, you are still entangled with the level of reality where those experiences exist. Reactivity anchors consciousness to this realm.

Permanent transcendence is not about dramatic mystical visions. It is about reaching a state where nothing here can produce a negative inner response.

That is the real work.

The practice: respond with healing, not reaction

Simona draws strongly from the principles of A Course in Miracles. What we perceive as evil, negativity, or suffering is described as distortion arising from the belief in separation from God. Since separation itself is an illusion, reacting with fear or anger strengthens it.

The only response that dissolves illusion is healing — which she equates with love, unity, and recognition of underlying perfection.

Practically, this means:

Not judging what you see

Not emotionally attacking or resisting what happens

Asking to perceive the truth behind appearances

Sending love instead of reinforcing negativity

You are not pretending events don't happen. You are changing how you interpret them. Instead of seeing them as ultimate reality, you see them as distortions of a deeper perfection.

Life as a dream

Another central idea is that earthly life functions like a dream or simulation. Simona refers to scientific views that question the solidity of physical reality, but her focus is psychological.

In a dream, once you know you are dreaming, fear weakens. The same applies here. If you truly grasp that what you see is not ultimate reality, emotional reactions lose their grip.

The dream is not the problem. Believing it absolutely — and reacting from that belief — is what binds you.

Affirmations as identity correction

Meditation in this approach includes affirmations. These are not motivational phrases but identity corrections. Humans, she says, forgot their divine nature through false beliefs. Affirmations reverse this.

Examples include:

I am divine

I am unlimited

I am part of God

I am beyond time and space

These statements counter the deep conditioning of being a limited body. Over time, this changes inner experience. A person becomes sensitive to thought quality and speech, noticing immediately when their vibration drops.

Daily life shows your real level

What happens outside meditation shows your true state. The elevated feeling during practice must continue into ordinary life.

This appears as:

Gentle, non-harsh speech

Reduced judgment

Service without selfish motive

Seeing others as expressions of the same divine source

Without this continuity, spiritual states remain isolated events rather than transformation.

Crown chakra openings are not enlightenment

Simona challenges the belief that opening the crown chakra equals enlightenment. Such openings can be powerful and revealing but are not permanent union with God.

Her reasoning is: if someone has a divine experience and then needs books to understand it, they are not fully established in divine knowledge. True union would not depend on external explanation.

The missing step is undoing false mental patterns — especially judgment and emotional reaction.

The missing link in spirituality

She presents this mental purification as the missing link in many systems. Mystical experiences are described widely, but the sustained psychological shift required to remain free is often overlooked.

When nothing in the world can trigger negativity in you, the world no longer has power over you. At that point, existence here is no longer a trap but a choice.

Why watching the full video matters

These ideas are interconnected. Hearing Simona Rich explain them step by step makes the logic and structure of the path clearer than reading isolated concepts. The session shows how meditation, affirmations, perception, and daily reactions all fit together as one process.

It reframes spiritual progress from chasing experiences to ending reactivity — a shift that can completely change how someone approaches meditation, relationships, and challenges.

For the complete explanation in her own words, watch the full session of her Spiritual Support Group here:
https://youtu.be/186yNMfBgxo?si=b-KAHResiUo-meyu.

—